

## ABSTRACT

Method for loading and unloading long-distance transportation means (1, 2) and for temporarily storing a standardized cargo (18) in an intermediate storage facility (3) includes a rail-guided hoist (5) with gripper (8). The cargo is lifted from a long-distance transportation means (1) and transferred to a transfer zone (4), lowered and set down. The cargo (18) is then transferred to an intermediate storage facility (3) and stored therein, then removed, transferred to a predetermined location in the transfer zone (4), and lowered and deposited onto a rail-guided long-distance transportation means (2) by the hoist (5). In the transfer area (4), the cargo (18) is lifted by another hoist (11) for movement to the predetermined location in the intermediate storage facility (3), and set down, whereupon the rail-guided long-distance vehicle (2) is loaded by moving the other hoist (11) to a predetermined location in the intermediate storage facility (3), and by lifting the cargo (18) via a shiftable and/or telescopic arm (13), withdrawing the cargo from the intermediate storage facility (3), and moving the cargo to a predetermined location in the transfer zone (4). The cargo (18) is then set down in the transfer area, lifted by the hoist (5), moved above the long-distance transportation means (2) and set down.